



New Bernal Journal

Dec. 1998/Jan. 1999

Serving the Bernal Heights Neighborhood of San Francisco

Volume 35 Number 6

Volunteers!

by Valerie Harris

From elementary schools to elders-in-need programs, urban farms to dance troupes, there are many places in and around Bernal Heights that use volunteers. Here is a sampling of organizations that could use your help. For more information on these and other groups, see page 13.

At the Bernal Heights Neighborhood Center (BHNC), volunteers provide many needed services. The senior program has an especially extensive volunteer network. Seniors volunteer in different senior program areas, while the volunteers of the Neighborhood Elders Support Team (NEST) aid seniors in the community. For more BHNC senior volunteer news, see pages 5 through 9.

In contrast, the Bernal Hilltop Native Grassland Restoration Project is very small but has worked to improve the Bernal Hill natural environment since the mid '80s. On the third Sunday of every month, a half-dozen or more volunteers, led by Barbara Pitschel, are on the hill pulling invasive non-native weeds to allow the hill's native species to regain their hold. (See Barbara's Bernal Hilltop column on page 15.)

The elementary schools in Bernal Heights also use volunteers to enhance the educational process.

A city-wide program that is active in Bernal Heights is the San Francisco School Volunteers. Their volunteers help students with reading and math, working one-to-one and in small groups. Volunteers can also help in special education, art programs, school gardening projects, and other areas.

Rolling Readers, California's largest non-profit children's literacy organization, also has a presence in Bernal Heights. Their goal is to instill a love of reading in children. Volunteers read aloud to kindergarten through fifth grade classes, provide individual tutoring, and participate in book giveaways.

As for the individual local schools, the Leonard Flynn Elementary school uses volunteers for tutoring, helping in the computer lab and participating in the monthly "Read Aloud Day." Junipero

For many, the season of giving lasts all year long



From the kitchen of the Bernal Heights Neighborhood Center, former nutrition site manager Betty Soriano (second from left) with senior program volunteers (from left) Florence Tabora, Antoinette Meza and Pelagia Socias

Serra Elementary School uses volunteers to help out in the classroom and will soon be having volunteers from AT&T teaching reading and math. And at Paul Revere Elementary, Principal Randy Haves reports that the school bus drivers' union at the Laidlaw bus company has adopted the school and will soon start providing volunteers to mentor kids with a focus on literacy.

Outside of the schools, the Precita Valley Youth Center serves youths aged six to twelve with programs ranging from recreation to HIV/STD/pregnancy prevention to case management. Volunteers can help with coaching, clerical work, assisting on field trips and developing workshops. Also, volunteers will be needed both before and during the Center's Christmas party on December 15.

St. Mary's Urban Youth Farm, one of the many projects of the San Francisco League of Urban Gardeners (SLUG), is located in Bernal Heights right next to the Alemany Public Housing Development. There, volunteers work side by side with

the youth interns cultivating, planting, and harvesting. Volunteers can also contribute to SLUG without getting their hands dirty by helping with clerical duties at the SLUG office on Oakdale Avenue, which is not far from the Bernal Heights border.

On a completely different note, the Purple Moon Dance Project uses volunteers during their annual performance season in the spring. Purple Moon was founded in 1992 by Jill Tagawa to promote the visibility of lesbians and women of color. Besides working during performances, volunteers also assist with clerical tasks and fundraising.

Finally, those who wish Christmas came more than once a year can have their wish come true by volunteering with Christmas in April. This nation-wide home repair program has been active in Bernal Heights over the years. They use skilled and unskilled volunteers to do repairs and renovations for low-income, disabled or elderly persons. The work takes place the last weekend in April.

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Election Wrap-up

by Tom Gallagher

Bernal Heights is home to the president-elect of the San Francisco Board of Supervisors and just missed being home to a new member of the city's School Board as well. Incumbent supervisor Tom Ammiano handily won the two-year presidency that goes to the ticket-topper by beating runner-up Gavin Newsom by 115,650 to 105,217 votes. Bernal Heights Neighborhood Center acting director Mauricio Vela fell about 5,000 votes short of winning the third seat in the school board election.

To Ammiano, widely considered the most independent of the supervisors, "The vote sent a clear message that people want checks and balances." As president, Ammiano makes all of the Board's committee appointments, a task he has frequently stated that he hopes to accomplish in a friendlier, more collegial manner than has often been the case in the past. As he sees it, in addition to all of the usual people's business, "The charge of city government over the next two years is to make the transition to district elections," scheduled to take place in the year 2000.

Vela, who had run for the School Board twice previously, was not even planning to run this year until opponents of the privatization of the Edison School convinced him that his presence was needed on this year's ballot. And, if it were up to those who came to the polls, he would have been elected; his margin of defeat was entirely due to the absentee vote. But the anti-privatization "Responsible School Board Slate" he ran on did shake up the election in a big way, winning two of the three seats that were up. Pro-privatization School Board president Carlota del Portillo was not re-elected.

Vela feels proud of his campaign because, "The students, teachers and schools were discussed throughout the campaign and the School Board will have new leadership. We accomplished our goals." In good spirits following the campaign, he intends to run again.

Although Ammiano says he "couldn't have done it without Bernal," his 68 percent of the vote in the area that the election department designates as "North Bernal Heights" was only his second best in the city; he received 71 percent in the Castro-Upper Market district. (He got 48 percent of the city's vote as a whole.) "South Bernal Heights" (which actually includes Glen Park) gave him a 60 percent vote. For Vela, home was sweet: he received 43 percent of the vote in North Bernal and 37 percent in South Bernal, compared to 22 percent citywide.

In the gubernatorial race, Governor-elect Gray Davis took 85 percent of the vote. In the race for second place, Republican Attorney General Dan Lundgren beat the Green candidate, former congressman Dan Hamburg, by a 498-319 margin, but only by 207-199 in North Bernal. In the race for lieutenant governor, former assemblyman Cruz Bustamante, Democrat, also won handily but in this race, Green party standard-

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Students from Paul Revere Elementary School do the heave-ho.

What are these kids doing?

Turn to page 12 and find out

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New Bernal Journal is a bimonthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with their community's news, ideas, issues and events, which support the center mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic conditions of low and moderate income people in Bernal Heights." *New Bernal Journal* is distributed door-to-door free to the community of Bernal Heights. Articles express the views of contributors and not necessarily those of *New Bernal Journal* or Bernal Heights Neighborhood Center.

Captain's Report Ingleside's IMPACT Program

*by Captain Richard J. Bruce,
San Francisco Police Department,
Ingleside Station*

Ingleside Station will soon be graduating its first class of IMPACT students. IMPACT is a juvenile justice program begun a decade ago in Los Angeles that seeks to intervene in a positive manner in the lives of high-risk juvenile offenders. Ingleside Station's first group of seven juveniles has spent every Saturday for the last three months attending classes and workshops in the station's community room. These classes are conducted by community members who range from dramatists to family counselors to just plain cops.

I have facilitated two of the class sessions, one that dealt with mock job interviews, and a second that allowed the kids to conduct a mock-trial. During the jobs workshop we spoke of everything from the appropriate clothing to wear during a job interview, to the strategies that can be employed to convince employers that you're the right man (all of the juveniles are male) for the job. The mock trial was preceded by a discussion of constitutional issues and concluded with trial situations in which the kids played the roles of the defense attorneys, and the cops played the roles of the victims, witnesses, judge, etc. The trial was both successful and enjoyable, as the kids learned something about how our system operates and were able to apply this newfound knowledge to "get their client off."

If you would like to become a volunteer for this program, please give me a call at Ingleside Station. We are always looking for not only new ideas, but new faces to express these ideas. I can be reached at 553-1602 during normal business hours.

Editor's note: Police reports from Ingleside station are available for viewing in the lobby of the Bernal Heights Neighborhood Center, 515 Cortland Avenue during the Center's open hours, Monday through Friday, 9 a.m. to 5 p.m.

New Bernal Businesses

by Valerie Harris

In the last two months five new businesses have opened up in Bernal Heights. Going from Cortland Avenue near Folsom and down to Mission Street, here is a brief tour of the new places.

The Cutting Edge

The corner storefront on Cortland and Folsom that had been vacant for nine years has been transformed into The Cutting Edge, a full-service beauty salon. Owners Cindy Peva and Eileen Claytor have moved to Bernal Heights after many years of doing business in Noe Valley. (In fact, Peva first worked at San Francisco's first nail place, 24th Street's Fancy Fingers, 13 years ago. Claytor worked in Noe Valley for 20 years.)

Peva calls The Cutting Edge services "luxury services people can give themselves." These treats include hair design, creative color, treatments, lash and brow tinting, waxing and facials. Massage will be available on Sundays.

There are also manicures and pedicures, to which Peva allots at least one luxurious hour per client. Her spa manicures and pedicures include such things as hot lotion treatments and leg and foot massages.

Peva and Claytor looked specifically for a spacious location for their new salon so that clients could linger and visit if they wanted. Their new space will also be kid friendly. Also, in the future The Cutting Edge will offer half price manicures and pedicures for seniors on Wednesdays from 9 a.m. to 1 p.m.

Gift certificates are available. As Peva says, "Try us—you're worth it!"

Grace and Elegance

Grace and Elegance is a full-service beauty salon that offers natural hair, skin and body care. Owner Grace Ola specializes in African hair braiding (which differs from the African-American style). She also offers "Sister and Brother Locks," a natural hair technique that has similarities to dreadlocks.

Natural skin care, provided by Leonora (aka "Lady L"), includes steam and deep pore cleansing, facials, hand and arm treatments, massage, and reflexology. Also, Mary Kay cosmetics are available here. For an introduction to these products, call for a free facial. In the future Ola will be adding natural manicure and pedicure services.

Grace and Elegance also has gift items from West Africa for sale—Senegalese dolls, bead and shell jewelry, fabric, hats,

and carved figurines. A selection of African clothing is on clearance.

The salon is at the former site of the Christian Life Mission, Ola's church. When the Mission outgrew the space, Ola was able to acquire this as her second shop (Grace and Elegance #1 is on Turk Street near Scott). Ola states that she is very happy to be located in such a good business area and offering African hair care for Bernal Heights. She says, "It's a blessing that I am here."

Ujima

Artfully graffitied walls and comfortable chairs provide the setting for Ujima, a new youth-oriented space that specializes in new and used clothing. Worker Camila Nieves describes Ujima, which opened on October 3, as "a place where people can come and relax, and also buy things that are affordable and support local artists."

Named after the Swahili word meaning "collective work and responsibility," Ujima is the microenterprise component of RYSE, Rising Youth for Social Equity. RYSE is under the umbrella organization of The International Child Resource Institute.

New merchandise includes clothing from local youth lines "Suckafree" and "jüel," accessories, and tee shirts and music tapes from New York, Philadelphia and Bay Area artists. Much of the used clothing is on consignment from local young people. Donated items are also for sale, such as the toys and the stereo system there at the time of the NBJ visit.

Manager Erica Ellis explains that they are attempting to use the space to its fullest. On Sundays a DJ brings a turntable. In the future Ellis hopes to have spoken word events.

All of this goes to support RYSE programs in youth advocacy, the arts and community building.

Mission Shell

As of October 9, Bernal Heights area residents have a new place to gas up, wash their cars, and satisfy their snack cravings 24 hours a day. Richard and Lynn Hudson, who have owned Mission Shell for three years, took community wants and needs into consideration when they decided to renovate. Lynn says, "We worked with the Northwest Bernal Alliance...before we went to the planning department." One community request that has proven to be very popular is the drive-through car wash. As Thom Poulos, administrative manager, points out, there were none in this area, and very few in the city.

Another spe-

continued on page 15

Letters to the Editor

Dear Editor:

I am writing to counter a couple of misleading statements in the article about dogs on the hill in the September/October issue of the New Bernal Journal.

A report by the San Francisco Dog Owners' Group (SF DOG) refers to our hilltop as a "steep, shadeless hill" which "conflicts with native plant restoration project." Indeed, the hill is and has always been both steep and shadeless. These conditions do not in any way conflict with native plants; they are among the major reasons that remnant populations of San Francisco's native flora and fauna still exist on our hill. Many areas of the city have been leveled for paving and development. Others have been heavily forested with plantations of eucalyptus trees, which have established environmental conditions under which the native biota could not survive. The mission of San Francisco's program to preserve its remaining significant natural areas and the role of the Bernal Hilltop Native Grassland Restoration Project are to ensure that the natural conditions that foster continued conservation of the hill are maintained.

I also wish to refute a reference to fox-tail grasses, which included the erroneous opinion that watering would solve the

problem posed to dogs. Please know, dear neighbors, that foxtail barley, one of the weedy annual European grasses, is encouraged by water. Notice that it germinates and blooms after the early rains and is much more prevalent during wet years. I encourage you to pull foxtails when they are in bloom to prevent seed set. I did that in a small area near my house and wiped out most of a population in three or four years of assiduous weeding. This is the type of work the Restoration Project undertakes at its work parties. Because of the proximity of weedy species, such stewardship needs ongoing maintenance. (Be certain not to accidentally pull neighboring native plants.) Also be aware that summer watering would be disastrous to the natives, as it would quickly rot away most of our native plant community and would encourage invasion by even more weedy species.

I express my appreciation to the many dog owners who respect the hill and who use their dog walks to learn about Bernal's natural features, as I did 30 years ago. Please continue to be especially careful during the wet spring months to prevent your dogs from digging or trampling the wildflower displays, particularly the bulb populations. Thank you!

Barbara M. Pitschel

How I almost lost my shoes

by Ann Woodward

It was Friday, November 13. I had run a bunch of errands on Cortland Avenue, and had walked to the library to return a book. Cortland was a complete mess—work crews had dug up the south side of the street for blocks. When I came out of the library I decided to avoid the corner (and the crosswalk) because of all the impediments.

No cars were coming, so I proceeded to jaywalk. I took one step into the street and realized—too late—that I had stepped calf-high into a freshly filled pit of concrete! I yelled and lost my balance and promptly plunged my other leg in. I was able to pull my legs out, but my shoes stayed down in the muck. I looked around for help, but, strangely enough, there was not a soul around, not a car or a pedestrian in sight. Even the work crew was a block away. I had been ready to go home—my car was across the street—but now here I was, barefoot, with my feet and

legs and pants hems encrusted in slimy concrete.

I walked down to the corner of Ellsworth and hailed two workmen there. They followed me to the pit, which had two deep indentations in it. One workman reached in and retrieved two large lumps of concrete containing my shoes. Concerned, he stayed with me until I found a place to wash off—a utility sink in the lower part of the library.

After I got home, I scrubbed my skin and my pants and my shoes to try to get them back to their previous condition. It occurred to me that the shoes were hardly worth the trouble, since I had only paid about three dollars for them ten years before. They were made out of some sort of indestructible plastic/styrofoam material. But with a coating of mineral oil the shoes were back in service. I wore them back down to Cortland on Saturday to run some errands. Was I cured of jaywalking? For the time being, yes.

Fiesta on the Hill



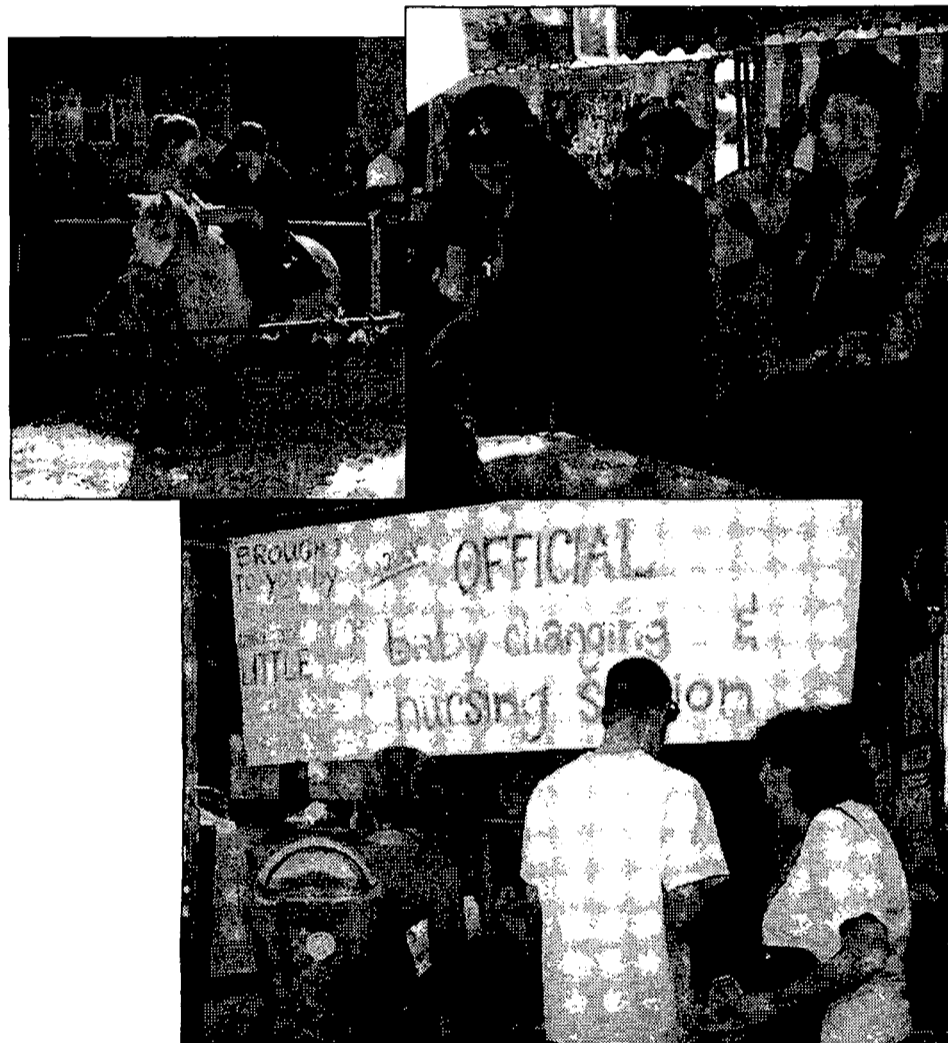
On October 18, 1998, Cortland Avenue came to life with the 10th Annual Fiesta on the Hill. This year Bernal Heights saw a record number of revelers making this Fiesta the largest to date. The music styling of Chemistry Set, Kombo Kwela, Thunder Blue, Safari, Johnny Nitro and the Doorslammers, as well as Mazacote could be heard throughout the streets. Photos, top to bottom: Fiesta Threesome; pony rides; seniors' booth; pit stop for parents.



BHNC 20th Anniversary



This year Bernal Heights Neighborhood Center turned 20. To commemorate this milestone, a celebration was held on November 12 at the newly renovated Roccapulco Supper Club. BHNC took this chance to honor those who have worked so hard to make this agency what it is today. Past board presidents Stephen Antonaros, Bill Sorro, Gerald Whitehead and Sylvia Yee were on hand to accept their awards. Also honored at this year's event were Barbara Bagot, Will Lightbourne, Father James E. O'Malley and BHNC's executive director for the last ten years, Helen Helfer. Photos, top to bottom: past board presidents on stage; Honorees Helfer, O'Malley and Bagot-Lopez and daughter; Father O'Malley and friends; MC Supervisor Tom Ammiano and friend.



Concert completes 1998 "Music on the Hill" series

by Mike Metz

At a recent concert in Bernal Heights, audience members enjoyed a rare opportunity to hear world-class musicians perform in an intimate neighborhood setting.

The November 1 concert featured the Arlekin Quartet—with Eugene Chukhlov and Tatiana Freedland on violins, Rem Djemilev on the viola, and Sergei Riabchenko on the cello—performing at the acoustically exceptional St. Kevin's Church in Bernal Heights. These talented musicians formed the quartet in 1983 at the Moscow Conservatory of Music where they studied under the world renowned Borodin String Quartet.

The program's chronological arrangement was highly engaging, leading audience members through a unique mix of musical styles. It began with the overpowering beauty of Brahms, moved into a dark, disturbing Shostakovich piece, and finished with a brilliant composition by cellist Riabchenko. The show was capped with two interesting encores: a Frolov piece that wove together baroque and jazz

elements and a second Riabchenko composition based on themes from Fiddler on the Roof. The festive finale lifted the audience to the verge of dancing. There was not a weak spot in the entire evening; each piece was played with impressive energy, emotion, and precision.

The performers also introduced each piece with a short explanation of its historical background and musical interpretation—a nice touch sealing an atmosphere of intimacy between the quartet and the audience. Before Shostakovich's Quartet No. 7 in F-sharp minor, for example, violist Djemilev discussed how the piece's repeated theme of three eighth-notes was symbolic of Soviet police knocking on doors and taking people to Siberian concentration camps. One could close one's eyes and imagine the chaos of Soviet life during the inspired performance of this piece.

This concert was the fourth organized by Music on the Hill, a classical music series launched earlier this year by two Bernal Heights residents—and a wonder-

ful addition to the San Francisco cultural community. Financial support from neighborhood businesses has made it possible for Music on the Hill to offer affordable tickets for a caliber of music that is often not so affordable. This successful collaboration is a model that other neighborhoods should aspire to replicate.

Music on the Hill's next season begins in April, 1999, and promises an exciting line-up. Concerts include: "Musick's Muse," an evening of early vocal music from 17th century England; a premiere of a commissioned work by Bay-area composer and jazz musician Wayne Wallace featuring Kronos Quartet cellist Joan Jeanrenaud (with reception following); the Pacific Arts Trio, an intriguing combination of flute, harp, and cello; and the Bay Area's Cyprus String Quartet.

Music on the Hill offers subscriptions for next season—a rare bargain for top-notch music that should not be passed up. For more information, call 241-1515 or e-mail mothmuse@aol.com.

ELECTIONS continued from page 1

bearer Sara Amir beat Republican Tim Leslie by 1,248 to 470 in Bernal, and Bernal resident Gloria la Riva received 114 votes as the Peace and Freedom Party's gubernatorial candidate.

Bernal also went its own way on one of the state propositions—Proposition 9, which would have undone the deal under which electric service customers pay for canceled nuclear power plants. Statewide, the proposition went down in overwhelming defeat, with the utility companies drastically outspending the measure's proponents. And even in San Francisco it lost by 111,207 to 87,837. Bernal voters favored it, however; its 2,112–1,485 edge in North Bernal was by far its strongest showing citywide.

All in all, Bernal Heights has good reason to be pleased with the election results. Of course, we have a ways to go in getting the rest of the state to vote our way.

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The crew with the source of their newest product, "Bee Real Honey"

Youth business makes gourmet goodies

by Valerie Harris

Organic kiwi and strawberry jams, salsa fresca, herb-infused vinegars, honey—all of these make wonderful holiday gifts as well as great everyday treats. But these gourmet items have a larger purpose; they provide a group of San Francisco youth with valuable job skills.

This is Urban Herbals, a project of the San Francisco League of Urban Gardeners (SLUG). Marc Lavine, Urban Herbals director, sums it up; "There really isn't a more socially responsible gift. Not only are the products delicious and healthy, but they also provide job training and employment for young adults."

SLUG is a 15-year-old grassroots organization that provides education, community garden coordination and maintenance, habitat conservation, and youth programs and employment.

According to Lavine, Urban Herbals is both a job training program and a business. The six to eight youth workers are between the ages of 18 and 26. They are all involved in all aspects of the busi-



ness—production and sales and marketing. Marketing includes appearances at Bay Area farmers' markets, which provide the workers with experience in direct customer contact.

All of the fruits, vegetables and herbs used in Urban Herbals are organic and locally grown. Some are really local, grown at St. Mary's Youth farm, another SLUG youth program. St. Mary's Farm is located at Ellsworth Avenue and Alemany Boulevard, right next door to the Alemany

continued on page 7

Holiday shopping on Cortland

by Anne Telford

Starting to count the days you have left until the holidays? Don't worry. There's plenty of time to get over to Cortland Avenue for convenient and cool shopping. Depending on your tastes and needs, there's something for everyone.

Starting on the south end of Cortland is **Rag & Bone** (627 Cortland). This eclectic shop is a treasure trove of unique ceramics, framed artwork, contemporary and antique furniture and objets d'art. On any visit you can discover glassware from the '50s, furniture from the '40s, as well as Chinese objets, Victorian jewelry, architectural salvage and African carvings. Vintage magazines from the '30s and '40s have photographs that would make great framed prints. 550-9188.

Artesanias Mexicanas "Tonala," (733 Cortland) is a pleasant store with silver jewelry, hand-embroidered cottons and artwork from many different parts of Mexico. Look for wooden key chains in the shape of birds, jugs, boats and planes. Nylon and plastic tote bags in great shapes would make fun gift bags as well as handy totes to take to the Farmers' Market on Saturdays. 642-9172.

Surely you know someone with a cute cat and dog. **Bernal Beast** (509 Cortland) is packed with pooch treats and feline fancies. They carry a wide range of all-natural foods for cats and dogs as well as gift items and accessories. (There are also items for truly pampered pets like bed warmers.) During the holidays they will

stock ornaments, Christmas cards for pet lovers and holiday-theme squeak toys. On December 18, from 4 to 7 p.m. they will hold a holiday pet photo contest. 643-7800.

Heartfelt (436 Cortland) is full of eye-catching gifts and goodies. Here you can find holiday paraphernalia and candles, bath salts, teapots and mugs, a beautiful selection of calendars—things for just about anyone on your list. They have a wide selection of small toys for kids of all ages, and stylish paper goods and greeting cards, including unique art cards and some truly off-beat Christmas cards. 648-1380.

Teodosia Gallery (Teodosia Cooperativa Popular) (430A Cortland) emphasizes small (and affordable) one-of-a-kind painted and decorated furniture crafted out of recycled wood by artist Alex Flores. Many pieces are inlaid with bits of glass or stone in distinctive mosaic patterns. The gallery also offers a range of hand-made items from Mexico and wonderful tin work from San Miguel de Allende. Also find Huichol beaded items and Talavera ceramics plus a selection of locally-crafted ceramics. 642-9223.

Bernal Books (401 Cortland) is a cozy and wonderful bookstore that carries quality fiction, calendars, and aromatherapy candles (the store smells heavenly). They have a great children's book section, too. 550-0293.

blumengarten (399 Cortland) beckons with its beautiful window displays. The shop boasts a range of gift items, such as ornaments (unusual fruit and apple-shaped

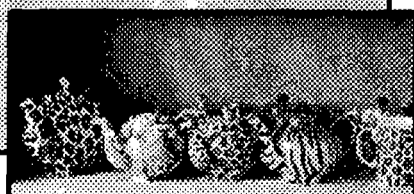
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Senior volunteers Julia Riddell, Fay Farrar, Emma Martinez and Jean Dascual

Gifts on the Hill

by Lisa Lopez Coffey

Tucked away in the heart of Bernal Heights is a well-kept secret—a place where a person can walk away with a great buy, experience good, old-fashioned service, and contribute to a good cause.

Gifts on the Hill, located at 513 Cortland Avenue, is a boutique specializing in vintage and hand-crafted items. Proceeds from the store benefit Bernal Heights Neighborhood Center Senior Services. The store's array of goods include vintage clothing and furniture as well as modern items priced reasonably. Parents of young children can find used low-cost children's items, including desks, toys and tricycles. Staffed by dedicated volunteers, Gifts on the Hill is currently open Monday through Friday with future plans for Saturday hours.

"The store is a really great example of community empowerment," says Senior Services director Carmen Mendieta. She adds, "For the seniors who play a major role, there is a great sense of ownership and pride."

Helen Helfer, BHNC executive director, also feels that senior volunteers have played a key role and are the reason for the success of Gifts on the Hill. "I admire the dedication the volunteers have to the store," she stated. "It is always a pleasure to drop in and see how much enthusiasm and happiness they put into their job."

Mendieta also feels that Gifts on the Hill is a neutral place where not only can people meet and get to know each other but where people of all ages can come and interact with each other. For example, youth workers

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Home grown CDs

by Valerie Harris

There's all sorts of talent right here in our own back yard. The following CDs by Bernal Heights artists are available at News and Noise at 439 Cortland.

"**The Opposites, a Journey of the Soul**" is a spiritual, psychological and dream-inspired collection of songs by Jana Hutcheson. "The Opposites" concerns "conflicts and resolutions that lead to a growth in new consciousness." Her sound has been described as "mystical blues with a touch of Celtic sound." Find out more about Jana's CD and her accompanying book of original art and music on her web page at www.jps.net/opposite, or call 647-7517. (See Jana's "Healing Alternatives" column in this issue of the NBJ.)

For "**An Altared Christmas**," Rhan Wilson took nine carols and put them in minor keys and "alternative atmospheres." The result is "some of the most haunting, ribald and otherwise odd renditions of these traditional tunes ever recorded..." Rhan is accompanied by artists from Santa Cruz, Portland, and San Francisco. Half of all proceeds go to AIDS services. He has a web site at www.altared.com. (Rhan doesn't quite live in Bernal, but he does work on Cortland at Bernal Boxes.)

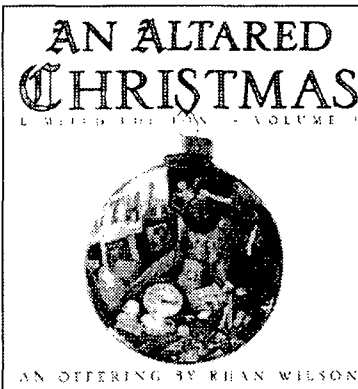
"**Main Street**" is a collection of original songs by Mary Schindler. *LA Weekly* critic Scott Morrow praised Mary's "heartfelt and moving original songs about love (and the lack of same)..." And

Music Connection's Nicole De Young wrote, "Schindler has a great voice—a lot of conviction, clarity and urgency..." Mary says, "I'm interested in starting a place in Bernal Heights that showcases local singer/songwriters so that we can share songs and network as well as perform." You can reach her at 282-6339 and hear her live at News and Noise on Friday, December 11 at 8 p.m.

"**Harp Songs of the Midnight Sun**" is Aryeh Frankfurter's fourth album. This CD features traditional folk melodies from Sweden and Norway in original arrangements for the Celtic or folk harp. The tunes range "from passionate and dramatic marches to alluringly romantic airs to delightfully playful dances." For information about this CD and his others, visit his web-site at www.lionharp.com.

"**HurricaneChild**" is Lori B's debut album. The New York City "escapee" describes her style as "eccentric, bred-in-bone folk." She has a website at <http://songs.com/loriB>.

"**Mr. Jive's Pleasure Platter**," by the Blue Room Boys, has 16 tracks of music from the '20s, '30s and '40s. The Platter serves up "wacky interpretations of standards, soulful instrumentals," and a host of other swinging tunes. The band includes Bernal Heightsians Kevin Mummy on drums and Tricia Thomas on vocals. You can hear the band on Fridays at Radio Valencia at 23rd and Valencia..



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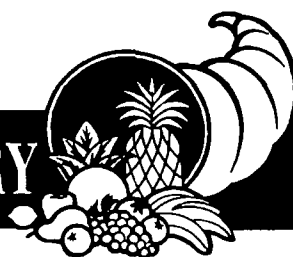
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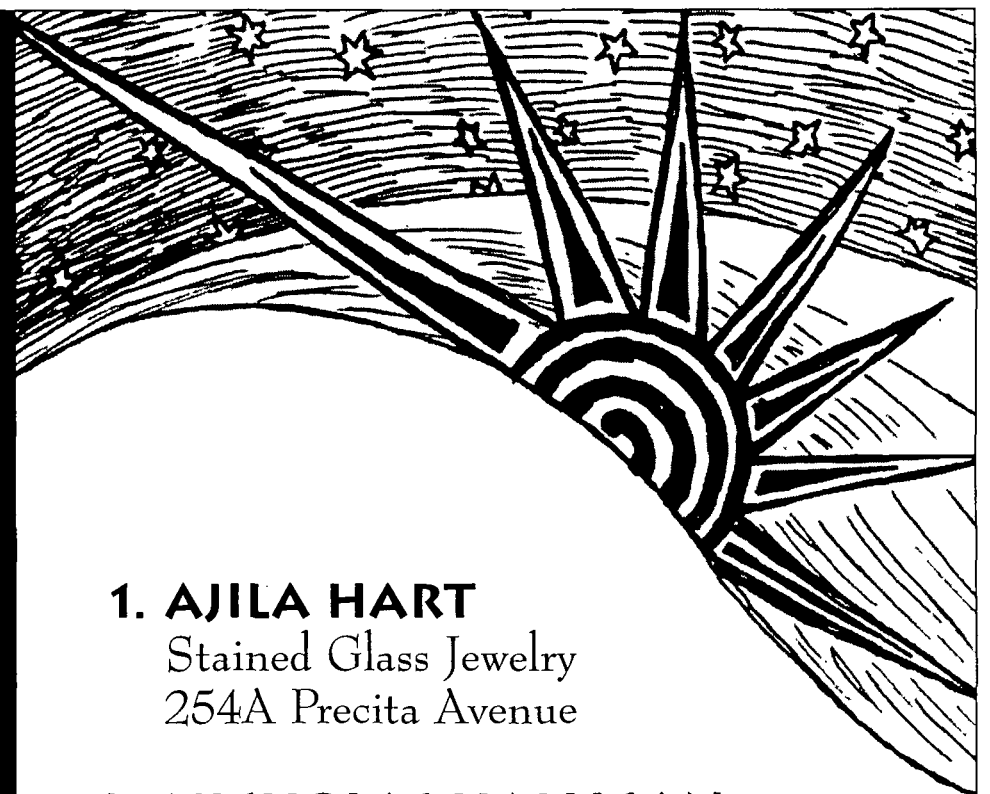
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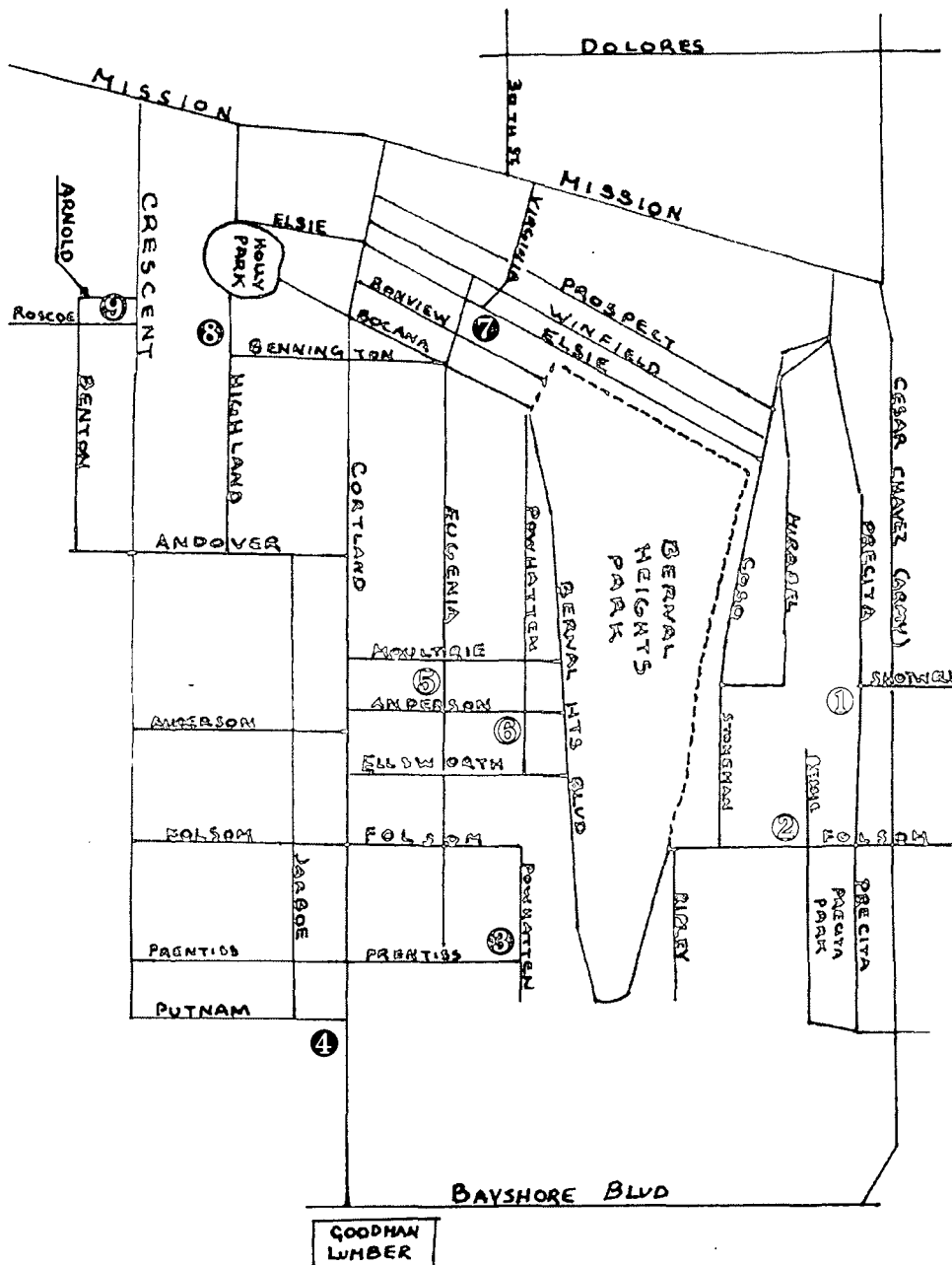
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NBJ distributors, you're great! Thank-you potluck happening in January

by Mauricio Vela, BHNC Director

Listed below are the beautiful people who six times a year, rain, snow, or shine deliver the New Bernal Journal door-to-door. We would like to take this opportunity to publicly thank those listed below for their community service. To express our appreciation we invite volunteers, prospective NBJ deliverers and everyone else in the Bernal Heights neighborhood to a community potluck. The potluck will take place on Friday, January 29 from 6 to 8 p.m. at the Bernal Heights Neighborhood Center. Come celebrate and find out about volunteer opportunities with the NBJ. For more information call 206-2140.

New Bernal Journal Volunteer Distributors:

Forest	Scott Cunningham	Rachel Lathrop	Don Schaan
Michael	Paul Dotmahue	Shirley Lovell	Charles Schachter
Kathy Barg	Tom Gallagher	Linda Lucero	Bill Sorro
Diane Bauer	Geffrey Gatz	Polly Marshall	Novella Stoller
Linda Beenan	Nic Griffin	Tim Molinare	William Tupuola
Dee Brady	Beverly Guaschino	Jackie Phillips	Rose Vela
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Susan Cervantes	Frank Hutchins	Victor Roldan	Betsy Wright
Jay Clem	Flo Kelly	Peter Rosblatt	Jamie Ross
Dennis Cunningham			

Toys needed for holiday giveaway

The Bernal Heights Neighborhood Center presents the annual Holiday Toy Drive. Donate new toys to low-income children ages 0-13 in our community and make their holidays merrier!

Please bring your donations by Tuesday, Dec. 15 to the Bernal Heights Neighborhood Center, 515 Cortland between 9 a.m. and 6 p.m. weekdays, or look for a neighborhood toy barrel.

If you would like volunteer your time or start a mini toy drive at your business or organization, please call us at 206-2140 for more information.

The Toy Giveaway is for children living in Bernal Heights, the Outer Mission and the Excelsior districts. To be eligible, you must fill out an appli-



Scene from a Toy Giveaway

cations at the Neighborhood Center. Toys will be given out on December 16th from 3 to 6 pm.

SHOPPING continued from page 4

ornaments from \$7-\$12), candles, inventive bouquets and floral arrangements, miniature holiday plants and bulbs. Great picks: cool magnets from House This (\$15 for two fabulous bugs, and other designer-friendly shapes). To warm a loved one's winter try heart-shaped hot water bottles or wool felt pillows 641-8382.

Last but not least is **Living Pieces** (307 Cortland). My house is now host to several pieces of lovingly restored and transformed pieces of furniture from this delightful shop. Here they creatively finish and hand-paint a variety of pieces from small tables to dressers and chairs. They also have object d'art, ceramics, glassware, lamps and a selection of Burt's Beeswax products (the best). 285-9617.

the SLUG headquarters at 2088 Oakdale Avenue or order from them by mail or fax. Choose from "Jammin' Jam" in kiwi, strawberry, and strawberry-kiwi flavors; herbal wine vinegars in Mediterranean, Spicy Tarragon and Balmy Basil flavors; and "Bee Real" San Francisco raw honey. Gift baskets are also available. You can find another new product, fresh "Slammin' Salsa," at the Ferry Plaza Farmers' Market.

So, as you work on your holiday gift-giving list, why not get something that supports job training and other valuable SLUG programs and tastes great? As Lavine says, "It's sort of like giving two gifts at once."

For Urban Herbals, plus SLUG classes, other programs and membership information, call 285-SLUG, fax 285-7586, or visit their web page at www.slug-sf.org.

Thanks to Playaz supporters

by Rudy Corpuz
Gang Prevention Counselor

I would like to thank volunteers for the United Playaz Club out of BHNC and Balboa High School for their tremendous support. Thanks to Lee, Patty B., Veli W., Koshawn R., Keith Choy, and the other organizations and groups that assist us, but especially to the students who participate in all the activities. God Bless.

URBAN HERBALS, continued from page 4

Public Housing Development. Lavine explains that Urban Herbals started two years ago as a way to use excess produce from the farm. On a recent visit to the farm, SLUG's Urban Agriculture Coordinator Kathi Colen talked about the farm's contribution to Urban Herbals. She explained that garlic and onions were being planted in the fall and basil, cilantro and jalapeños were grown in the summer to go into the salsas and vinegars.

One of the newest products, "Bee Real Honey," comes from city hives, including the two that Colen pointed out on the farm hillside. (So the bees that made this honey may have visited your garden!) Urban Herbals are available at over 40 locations in the Bay Area, including Cortland Avenue's own Good Life Store, Rainbow Grocery, the Real Foods Stores, Valencia Whole Foods, and the Ferry Plaza Farmers' Market. You can also stop in at

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TreeCycling Day is on Recycling Day
Recycle Your Tree at the Curb!
On the first residential recycling day after January 3rd, by 6 a.m.

Do not put tree in a plastic bag!

Take out tinsel

Trees on curb on other days will become trash

Remove ornaments

Remove base

Call for a free copy of the "Have Yourself a Green Holiday Guide"

Before or after TreeCycling Day, Call for tree drop off locations at 554-RECYCLE

San Francisco RECYCLING PROGRAM
www.sfrecycle.org

Celebration for the new office of the Greater Mission Consortium

Food! Music! Kids! Community Folks! The Greater Mission Consortium (GMC) is having a re-opening celebration on Thursday, December 10, from 4 to 6 p.m. The office is located at 4667 Mission (at Persia). Everyone is welcome and highly encouraged to attend. We are truly excited to present a new era of the GMC Office and highlight the various services such as youth employment placement, legal services, case management, and support groups. The agencies that make up the Greater Mission Consortium are: Bernal Heights Neighborhood Center (Lead Agency), Enterprise for High School Students, La Raza Centro Legal, Mission YMCA, Paul Revere Elementary School and Precita Valley Community Center.

Along with music and food, the collaborating agencies will provide information on current GMC services and resources available to youth and their families. In addition, new BHNC Youth Services staff will be present to meet with the community. New staff include Eleni Gekas, the GMC Site Manager and Gang Prevention Counselor, Julissa Vinals, Gang Prevention Counselor, and Tinisch Hollins, YES (Youth Employment Services) Job Developer.

Ultimately, our goal for GMC is not only an efficient place for youth to access resources, but also a place where youth feel that the space belongs to them. We want the youth to feel free to stop by after school to complete their homework, to chat with a counselor, or to stop by on a

Friday night and watch videos with other youth. In order to establish a home-like atmosphere for the youth, the staff have started a renovation process and have created the GMC WISH LIST. If you or your organization or business would like to donate items of need at the GMC Office, please contact Eleni Gekas, GMC Site Manager at 415-334-9919 or Jeannie Hwang, Youth Services Director at 415-206-2140, ext. 169.

GMC WISH LIST

- Bigger office with a storefront setting
- TV set
- VCR
- Refrigerator
- Computers
- Printer
- Fax machine
- Xerox machine
- Conference table
- Couch
- Bean bag chairs
- Desk chairs
- Water cooler
- New carpet OR steam cleaner rental
- Pillows
- Air purifier
- Microwave
- Stereo
- Plants
- Videos
- Art supplies
- Paper goods
- Musical instruments
- Gift certificates to purchase food items
- Non-perishable food items

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www.gap.com, www.gapkids.com,
www.babygap.com



Dear Neighbors and Friends,

As many of you know, 1998 marked our 20th year of serving this unique and diverse community through our senior, youth, organizing and affordable housing work. **We could not be here without your support.**

Through our programs and with your ongoing help, there are many issues we must continue to address as a community, such as:

- the growing needs of our most vulnerable neighbors, including the homeless and families losing welfare benefits
- keeping our frail elder neighbors in their homes as long as possible with volunteers, case management, and home-delivered meals
- providing ongoing support for our at-risk youth in trouble
- building affordable homes for folks who can't afford the high cost of housing in our neighborhood, like our soon-to-be built 55-unit development at Cesar Chavez and Mission Streets.

Won't you please take a moment to fill out the form below and send in your tax deductible gift?

Thank you for helping to support the Bernal Heights Neighborhood Center's mission: "To empower the people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people."

YES, I want to support Bernal Heights Neighborhood Center by making a Holiday/End of the Year gift! As BHNC is a non-profit, my gift is fully tax deductible.

<input type="checkbox"/> \$1	Youth	<input type="checkbox"/> \$50	Supporter
<input type="checkbox"/> \$5	Senior/Low-income	<input type="checkbox"/> \$50	Business Sustainer
<input type="checkbox"/> \$25	Family	<input type="checkbox"/> \$_____	Other
<input type="checkbox"/> \$25	Non-profit		

I am interested in working on:

<input type="checkbox"/> Youth Activities/Jobs	<input type="checkbox"/> Senior Services
<input type="checkbox"/> New Bernal Journal	<input type="checkbox"/> Membership
<input type="checkbox"/> Community Organizing	<input type="checkbox"/> Affordable Housing
<input type="checkbox"/> Fundraising/Events	<input type="checkbox"/> Other _____

Name _____

Street _____ Apt. _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Mail to BHNC, 515 Cortland Ave., San Francisco, CA 94110

Senior volunteers honored

Laughter, friendship and community spirit were the highlights of this year's Senior Services Volunteer Recognition Dinner, which was held October 30 at the Bernal Heights Neighborhood Center. The Halloween event, attended by approximately 50 guests, honored the time, work and effort given throughout the year by senior program volunteers and the Neighborhood Elders Support Team (NEST). Guests enjoyed a delicious buffet dinner, followed by dancing and great entertainment provided by Guarapo, a Latin band and Aquarela, a Brazilian dance troupe.

Currently, over 100 volunteers participate in the senior services program both through the well senior program and the Neighborhood Elders Support Team program. If you are interested in volunteering with elders in the Bernal Heights community, please call Lisa Lopez Coffey at 206-2140, ext. 132.

We'd like to thank our generous donors who helped us honor the commitment of our special volunteers:

Moonlight Cafe	Millie Rodriguez
Alice Gilbeaux	Aquarela
Christine and Vicki Victoria	BHNC Senior Activities Committee
Jeannie Hwang	The Staff of BHNC
Shirley Ruth	Avon
Roland Soriano	Waldenhouse
Anita Provost	Guarapo

Many thanks to all of our volunteers for all of their great work.

Samuel Broyles	Nancy Eiselman	Mary Lewis	Anita Provost
Rafeal Cabrera	Jack Dols	Jo Luhman	Oliver Saunef
William Villeda	John Freeman	Tomoko Oyama	Katherine Simbula
Galena Armstrong	Carmen Freytes	Sylvia Marson	Angie Bondoc
Gavina Aurelio	Maureen Fitzgerald	Jorge Marticorena	Linda Ramey
Allan Foy	Linda Feagles	Emma Martinez	Arturo Reyes
Laura Campbell	Percy Ferguson	Rose McDewitt	Felly Socias
Marilyn Chavez	Jane Krivich	Earlean Ratcliff	Florence Tabora
Kurt Wendelborg	Jeffery Hare	Dave Martinez	Carmen Fox
Maria Balajadia	Suzanne Harvey	Bertha Martinez	Jim Rodriguez
Rufino Balajadia	Luisa Francisco	Pedro Moreira	Maria Romero
Sonia Freytes	Elva Guanilla	Miriam Murphy	Vernon Tarriel
Chris Chinook	Bernard Merino	James Williams	Rosie Tom
Ron Chavez	Douglas Holloway	Annette McKnight	Betty Tennant
Marci Yellin	Lindsey Holmes	Teresa Mejia	Debra Roy
Ernestine Barros	Charles Mendieta	Julian Navarro	Karen Roy
Lydia Caraballo	Nelly Gumban	Francesca Orais	Telesforo Unite
Alice Gilbeaux	Demetria Guzman	Yadira Guerrero	Christine Vicotria
Joyce Curcio	Antoinette Meza	Liselotte Mendieta	Thomas Chin
Matthew Curcio	The Holt Family	Bill Meskimen	William Samboy
Sara Yellin	Jake Pavlosky	Cora Pascua	Mary Ellen Schwab
Len Carrington	Tony Reyes	Jean Pascual	Georgia Willette
Shawn Chaves	Lurilla Harris	Carmen Guerrero	Ofra Yacobi
Choury Yam	Helen Jacques	Jack Moorehead	Nic Griffen
Paul Dittmeier	Carmen Munoz	Sharon Newman	Courtney Squier
Tom Ebersold	Selwyn Jones	Olga Pellegrini	Melody Swett
Tuline Yellin	Susanna Kohn	Mildred Revera	Doreen Best
Diva D'Alessandro	Maragret Kreft	Isabel Estrada	Rebecca Dahlin
Gloria DeBerry	Laura Johnson	Kathleen O'boyle	Beaulah Heagren
Julia Yim	Jim Leavitt	Alegra Palandech	The Tablas Family
Ellen Egbert	Robert Nygrad	Julia Riddell	Mary Twomey
Natalie Frederico	Matthew Kreiger	Elsa Salinas	Mary Ann Toal
Elizabeth Sisco	Noemi Lykkeberg	Sarah Andlua	Fay Farrar
Gina DeBerry	Dora Elderkin	John Pirucello	Eloy Griego

BHNC welcomes new staff members

by Mauricio Vela, Center Director

The Bernal Heights Neighborhood Center board and staff is excited to welcome and announce the hiring of nine new employees over the past few months. The BHNC prides itself in hiring qualified employees who reflect the community's diversity and can relate and interact with our diverse client base. Please join us in welcoming them to our community.

Administration

Michael Golojuch, Executive Assistant, graduated from the University of San Francisco with a degree in Hospitality Management. Born in Colorado Springs, Colorado he grew up around the world as an "Air Force brat." Michael enjoys traveling, gourmet cooking, the theater and a good movie.

Koon Man "KM" Lau, Bookkeeper, was born in China, raised in Hong Kong and has a degree in economics and history from the University of Hong Kong. Koon is married and has two daughters. The eldest is participating in the University of Pittsburgh's Semester at Sea. Koon enjoys Tai Chi, fishing, hiking and Chinese-style cooking.

Housing Department

Raphael Hawley, Housing Assistant/Lead Poison Specialist, is part of the

BHNC/LISC Americorp program. Raphael is a native San Franciscan, lives in the Western Addition, and enjoys playing contact sports. He also has an interest in modeling and acting. His goal as part of his BHNC internship is to pick up as much affordable housing information and skills as possible to further his community and public service career.

Craig Reubens, Construction Specialist, comes to the BHNC as a general building contractor specializing in remodeling. He also is veteran of the Vietnam War, and holds a bachelors degree in Business Administration. Craig speaks Spanish, loves to travel, roller skate and ride a recumbent bicycle.

Organizing Department

Miguel Perla, Community Organizer. Miguel was born, raised, and lives in Bernal Heights. He recently graduated from San Francisco State with a BA in International Relations. Miguel was previously employed by PODER organizing around environmental justice issues in the Mission district.

Youth Department

Eleni Gekas, GMC Site Manager/Gang Prevention Counselor, was born and raised in the Washington D.C. area. She graduated-

continued on page 14

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Construction jobs coming to Bernal

Pre-apprenticeship program available

Are you looking for a career? Bernal Heights Neighborhood Center's Housing Services Affiliate plans to demolish the existing structure on the southeast corner of Mission and Cesar Chavez soon after the beginning of the new year. The demolition and site preparation will take about two months to complete. By June of 1999 we hope to begin hiring for the building of the Bernal Gateway Family Apartments. Because the AFL-CIO Housing Investment Trust is providing a significant portion of the project financing, all employees on this project must be union laborers.

In order to help members of the community reach their career goals in the construction trade, the Glide Memorial's Build a Career Program (BACP) and the Cypress/Mandela pre-apprenticeship program have formed a partnership which will allow individuals to attend a FREE 13-week training to prepare them for entrance into a union apprenticeship program. Women and minorities are strongly urged to apply. If you are between the ages of 18 and 24, have a high school diploma or G.E.D. and are interested and willing to commit to an intense, full-time construction training program, please contact Tinisch Hollins at 206-2140, ext. 146. If you are over the age of 24 please call Raphael Hawley at 206-2140, ext. 150.

CALENDAR

For your health

•**Overeaters Anonymous** for people who eat compulsively. Free. Every Thurs., 5:30-6:30 p.m., St. Anthony's Church, 3215 Cesar Chavez. Info: Sarah at 826-8038.

•**Grassroots HIV Advocacy Conference.** The latest on HIV/AIDS funding and policy issues. Sat., Dec. 12 & Sun., Dec. 13, 9:30 a.m.-2:30 p.m. San Francisco AIDS Foundation office, 995 Market St. Info: 487-3080, or register online at www.sfaf.org.

•**Fibromyalgia Support Group.** Possibly one of the most common arthritis-related disease. First Thurs. of each month, noon-2 p.m., Public Library, 451 Jersey St, San Francisco. Info: Kathy Downs, 356-1241

Career

•**Free Job Training for People on Unemployment.** Asian Neighborhood Design's Employment Training Center's 16-week program for local residents who want to learn carpentry, cabinetmaking and plumbing. Info: 648-7070.

•**Winning as a Minority/Woman Entrepreneur.** Workshop. Jan. 13, 6-9 p.m. Also **Strategies for Funding Your Business** 5-6 p.m. National Association of Women Business Owners, 985 Darien Way, San Francisco. Fee. Info: 333-2130.

•**Business Counseling Sessions** every Wed., 10 a.m.-3 p.m. Main Library, 100 Larkin, San Francisco. Info: 557-4469.

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50-59:	\$203.00	\$191.00	\$156.00
60-64:	\$221.00	\$215.00	\$184.00

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Real Estate Times

A-37

Exterior Paint Law

New Law Establishes How Owners & Contractors Conduct Exterior Painting

A new exterior paint law that went into effect of January 5, 1998, in San Francisco requires owners and contractors to adopt safe work methods when doing any work that creates paint dust and debris from the exterior of buildings built before December 31, 1978. The law requires that owners, landlords and contractors confine lead-based paint chips, dust and other debris work site and to remove it before completing the job. The law prohibits dangerous work practices and authorizes the Department of Building Inspection to enforce it.

The law was passed to prevent children from being exposed to lead-based paint, dust and debris, which can cause lead poisoning. Lead poisoning can affect a child's ability to hear, to learn and to grow to full potential.

The following highlights the requirements of the legislation:

Safe Work Practices

- Restrict lead-based debris to work site
- Follow HUD guidelines for containment of lead-based debris
- Remove all visible lead paint dust and the paint chips before a job is completed

Prohibited Practices

- Open flame burning or torching
- Unconfined hydroblasting or high pressure washing
- Sandblasting without containment or using a HEPA vacuum attachment

Notification Requirements

- The landlord must notify tenants three days before construction work begins
- The owner or contractor must notify the Department of Building Inspection before the work starts
- Post a sign to prohibit people from entering the work site or notify residents in adjacent properties

Prohibited exterior work practices can be reported to the Department of Building Inspections at 558-6598. For more information, call the Childhood Lead Prevention Program: 554-8930 or Bernal Heights Neighborhood Center's Housing Program: 206-2140, ext. 150.



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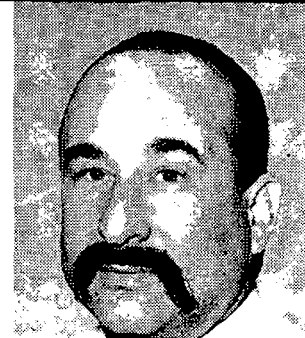
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Healing Alternatives by Jana Hutcheson

This article is about the chakras, the large vortex centers of energy in the body. The chakras correspond to glands such as the pineal, pituitary, thymus and adrenals. These energy centers are part of an ancient body of knowledge of many traditional cultures. This knowledge can be found in Native American, African, Tibetan, Chinese, Indian, and Japanese traditions. Psychic body memory is seen frequently in dreams and meditative states. It is also found in Christian traditions. In seeking new answers to healing, people often return to more ancient ways.

In most healing systems, there are seven chakras. They are seen psychically as energy fields or as large discs or wheels. The chakras can be seen as rivers and the meridian lines used in acupuncture are like the tributaries flowing from these seven rivers. Each one has a particular function and deals with a particular type of energy. The goal in systems of yoga, Tai Chi Chuan, meditation and self-healing is to clean, balance and enlarge the chakras. Illness is a sign that energy is not functioning properly.

The first chakra deals with survival energy, the second with emotional/sexual issues and the third with power issues. In this article I will talk only about the first two. They open and close quickly like a camera lens depending on the immediacy of the situation.

If a person found themselves in an emergency situation, the first chakra would open quickly and provide emergency fuel to cope with the situation. The first chakra is called the root chakra and its color is usually red. It is located at the base of the spine at the coccyx. The second chakra is an emotional or sentient chakra. It is associated with water and feelings. It is located two fingers below the naval near the first lumbar vertebrae,

and its color is usually orange, although the colors can change quite a bit from time to time.

It is generally thought that energy fields in and around the body have to be healed first before the body can heal itself on the physical plane. The energy runs through the physical body but is also connected with energy fields around the body. They also relate to an immune defense system. In these days of AIDS, people are seeking and experimenting more with alternative methods of healing, and they are having good results, too.

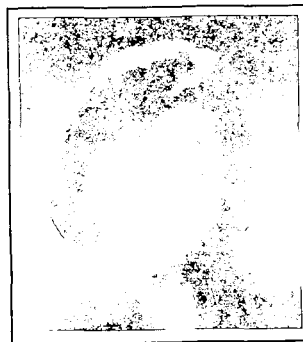
The chakras are also connected with astrological and planetary influences and the changing collective unconscious. It is a realm where psychology and physiology come together. This is a "holistic" approach where the whole being is taken into consideration. All of the hands-on medical disciplines such as massage, acupuncture, acupressure, kinesthology and chiropractic have an approach to energy work.

Bodywork is an attempt to come into harmony with oneself and the universe. One works with blocked frustration, anxiety and aggressiveness stored in cramped muscle tensions. One seeks to help the body become a temple for the free flowing spirit or a unity of body and soul.

HEALING HERBAL TIP: Rose oil is one of the most useful herbal oils but also one of the most expensive. It is beneficial for anxiety, hangovers, depression, menstrual disorders and skin care. It is known to have a special healing effect on the liver and it counteracts the toxic effects of alcohol. Many people with hay fever respond well to rose oil. It can be inhaled, taken internally or absorbed in massage oil.

Jana Hutcheson is a Certified Massage Therapist practicing in Bernal Heights.

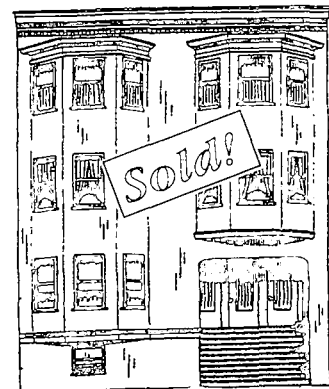
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•Pet Holiday Photo Contest at Bernal Beast:

Prizes for best in categories. Will include info on pet care, coupons, gift certificates. Drop off photos Dec. 11-18. Contest Dec. 18, 4–7 p.m. 509 Cortland Ave. Info: Michelle at 634-7800.

•At the San Francisco Maritime Museum:

"Kids Chantey—Music of the Sea." Seafaring history comes alive. Sat., Dec. 19 and Jan. 16, 3 to 3:45 p.m. Hyde St. Pier, aboard the Balclutha, Fisherman's Wharf, San Francisco. Info: 556-6435.

•Strybing Arboretum Story Time & Botanical Garden Walks for children

ages four to eight and their parents. Sundays, Dec. 6 and 20, Jan. 3 and 17, 10:30 a.m. Strybing Arboretum, Golden Gate Park, San Francisco. Info: 661-1316.

•Precita Eyes Mural Arts Center.

Art classes for toddlers, youth and adults. Mural tours by bike, bus, and on foot. 348 Precita Ave., San Francisco. Info: 285-2287.

•Mission Cultural Center. Classes for children and adults in Afro-Latin and modern dance, Capoeira, theater, music, and fine and graphic art. 2868 Mission St., San Francisco. Info: 821-1155.

•The Randall Museum Holiday Classes.

Special holiday and winter break classes for all ages. Includes wreath making, jewelry, bird feeders, candles and more. 199 Museum Way, San Francisco. Info: 554-9600.

•At the Bernal Heights Branch Library:

Scrabble Nights, every Wed., 7 p.m. Spanish Conversation, every Wed., 7:30 p.m.

"Meet Me at the Movies" discussion group, Thurs., Dec. 10 and Jan. 14, 4–6 p.m. 500 Cortland Ave. Info: 695-5160.



Anchor's aweigh!

by Lisa Bishop's 4th grade class,
Paul Revere Elementary School

On October 18 and 19 our 4th grade class had a voyage of a lifetime! We would like to share some of our memories with you.

Last year, I became a "Tall Sailor" for my 4th grade daughter's class on an overnight "ropes" course field trip on the C.A. Thayer Sailing Ship at the Maritime Museum at Hyde Pier. I got the chance to experience children going from being dependent upon the adults around them to becoming independent problem-solvers. It's often difficult to find educational programs that can teach lifelong lessons the way this experience did.

I had visions of my students holding weekend garage sales and car washes and peddling their wares on Cortland Avenue, begging the neighbors to buy a candy bar to raise funds for this trip. Fortunately for the class, a guardian angel showed up last summer. In a conversation I had with Nancy Martling, director of the Maritime Museum's Educational Programs, I mentioned that we would have difficulty affording the \$1800 (approximately \$60 per student) for the program. She spoke to the Board of Directors who generously granted us a full scholarship!

None of us will ever forget this experience. Now, let's let the children speak!

Carlos Martinez explains, "We had to work on this ship because we were pretending that it was 1906 and it was right after the big Earthquake and Fire! We were recruited by Mr. Ramos as Greenhands. Greenhands are new, inexperienced sailors. Our goal was to learn the jobs on the ship and work as a team to get the ship ready for sailing to Oregon to bring back lumber to rebuild San Francisco. I was part of the Bosun Crew. The Bosun crew's jobs were to throw lines, make knots and push people up in the Bosun's chair. It was hard work but it was a good experience."

Kelly Negron says, "When you talk to an adult that is working on the ship, you had to call them by their title, even if they were a woman. For example if her name was Nancy Slade you had to call her Mr. Slade because they earned that title. I really learned a lot on the ship but I mostly learned how to work together even if you didn't like somebody. The thing that we had to do most was work together because if we didn't we wouldn't have got through it all."

Marico Moredo writes, "It was a fine day when Ms. Bishop told us about a boat trip on the Balclutha. Everybody was excited to go. When it was Sunday, my dad and I had to prepare our things (gear)

Bernal kids travel back in time on the ship Balclutha

for the Balclutha field trip. My crew had to tie knots and coil the big, big ropes (lines). There were five crews on the ship: The Rigger, Galley, Bosun, Deckhand, and Longboat."

Joey Solano describes, "I was a member of the Longboat crew and our job was to heave and slack a dory. A dory is a small boat attached to a large boat. My feet were hurting. It was cold outside but Mr. Slade didn't care. The Captain had to watch us slack and heave a dory, he gave us a score of 80%."

Shominic Pierce says, "I was part of the Galley Crew. My crew made all the meals. I was proud that I made some of the food for the crew. I made the applesauce cake for dinner and the rest of my crew chopped vegetables. The First Mate was Mr. Ramos. He made sure we learned everything about sailing. If we acted out of line, we got disciplined. If we talked out of line we would have to haul buckets of water!"

Justin Aguilar explains, "After we ate our lunches on the grassy area at the Hyde Street Pier, we went to the Maritime Museum. It was cool. After that, we walked to our ship called the Balclutha. Later, we got in "all hands" and met the Captain. Everyone took their hats off. Mr. Ramos brought us to the Captain. The Captain wanted only 10 sailors but instead, he had 30 greenhands. That means someone who doesn't have any experience."

Jerwin Leyson writes, "After we went to the Maritime Museum, we went to the "head." A head is a bathroom in ship language. Later, we met Mr. Ramos. I was scared. I thought he was the Captain. He was the man who yelled at us and disciplined us. He was tall and had big muscles. He yelled a lot. I was the mate of my crew. My job was to say the orders. It was hard saying the orders. The orders were "slack" which means put the line down and "heave" which means to pull. They did obey my orders!!"

Liliane Renous describes, "My deckhand crew was the hard crew. We had to carry the ropes onto the ship. It was hard to carry them. The next thing we did was to ring the bells."

Maria Reboquio writes, "A few minutes later it was bell time. I had to ring the big bell. I had to communicate with the Deckhand Mate. The Deckhand Mate was on the poopdeck. They said, "Ready on the bow bell" and I said, "Bow bell ready" to make sure I would ring the bell."

Shanyece Peterson says, "My crew had to make the ensign (flag) and raise it. My crew and I raised the flag with Mr. Wright and Mr. Ramos. My crew had to

continued on page 15

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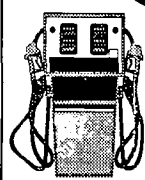
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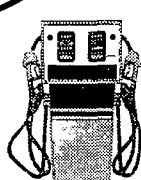


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VOLUNTEERS continued from page 1

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Volunteer opportunities in and around Bernal Heights

- Bernal Heights Neighborhood Center. 206-2140.
 - Bernal Hilltop Native Grassland Restoration Project. Contact—Barbara or Roland Pitschel, 282-5066.
 - San Francisco School Volunteers. 274-0250.
 - Rolling Readers, San Francisco Chapter. 469-4784.
 - Leonard R Flynn Elementary School. 695-5770. Contact—Gladys Frantz, principal.
 - Junipero Serra Elementary School. 695-5685. Contact—Warren Cane, principal.
 - Paul Revere Elementary School. 695-5656. Contact—Randy Haves, principal or Rhonda Huffman, volunteer coordinator.
 - Precita Valley Youth Center 206-7756. Contact—Gina Castro.
 - SF League of Urban Gardeners (SLUG). 285-SLUG.
 - Purple Moon Dance Project. 552-1105. Contact—Jill Tagawa.
 - Christmas in April. 905-1611 or email—sf@christmas-in-april.org.
- These places also need volunteers:**
- La Casa De Las Madres. (Services for battered women and their children). Needs: graphic design or printing, fundraising, direct service. 777-1808.
 - San Francisco Council on Poverty and Homelessness. Needs: mailings, other projects. 357-4670.
 - San Francisco Food Bank Needs: holiday season "Super Sort" of food, Sat., Dec. 12 and 19. 282-1900.
 - San Francisco SPCA. Needs: help with holiday storefront adoption displays, other jobs. 522-3522.
 - Visual Aid. (Assisting artists with life-threatening illness.) Needs: help in curating exhibitions. Contact: Andrew Korniej, 550-0456. Visual Aid, 777-8242.

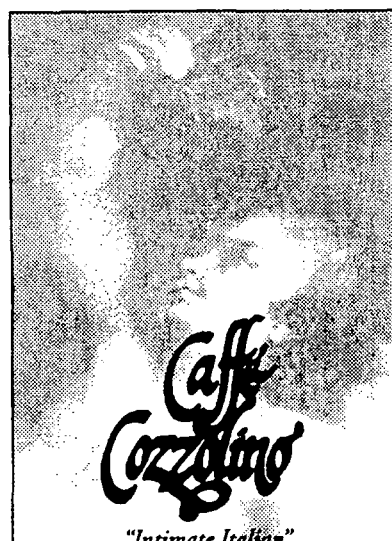
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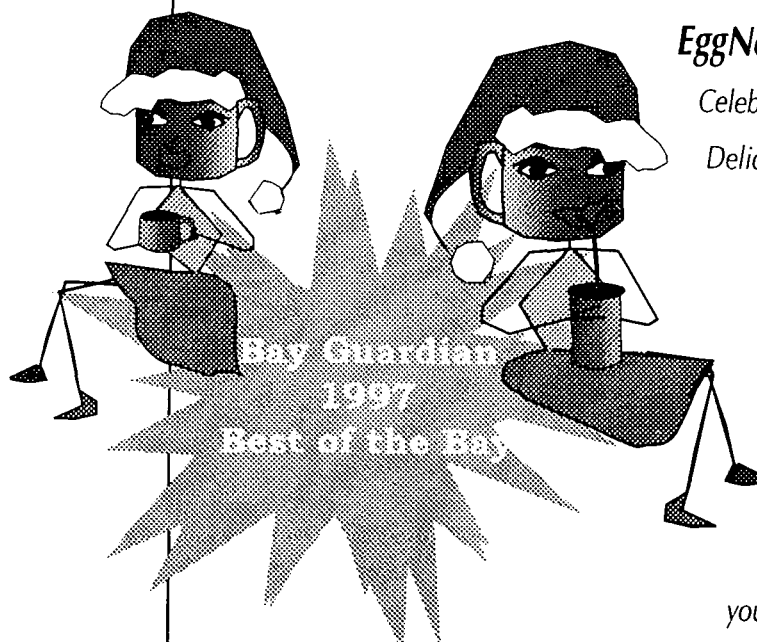
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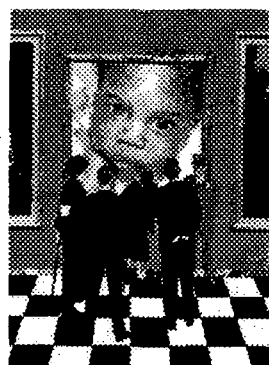
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NEW EMPLOYEES continued from page 9

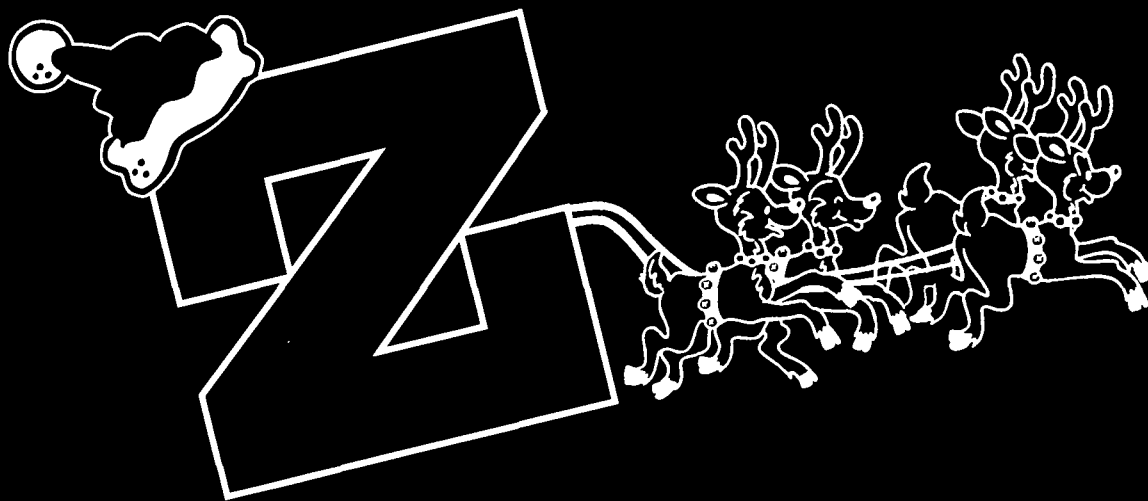
from Washington University in St. Louis with a double major in Spanish and Women's Studies. Elani created a volunteer program with the San Francisco National Organization of Women (NOW) to address the issue of the media's portrayal of women and its effects on student's performance, self esteem, etc.

Tanisch Hollins, Job Developer, is a native San Franciscan and lives in the Bay View district. She was previously employed by the Employment Development Department as a youth employment specialist/peer counselor. Tanisch is a member and 1st soprano of the Greater New Jerusalem Baptist church choir. She also is a self proclaimed "nerd."

Julissa Vinals, Gang Prevention Counselor, was raised in the Excelsior District and lives in Visitation Valley. She comes to the BHNC from the SF State Educational Opportunity Program (EOP), where she worked as a tutor in English, Spanish and ethnic studies. She graduated from SF State with degree in liberal studies and La Raza studies. She speaks Spanish and has extensive experience working with young people. She is the youngest of five siblings and only daughter, which she feels prepared her for her current position.

The BHNC would like to take this opportunity to thank Helen Helfer, Executive Director, Carol Lawton, Housing Project Manager, and Meeta Rani Jha, Resource Coordinator, who are moving on in their respective careers, for their contributions and commitment to the BHNC. Best of luck in your future endeavors.

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BERNAL HILLTOP NATURAL HISTORY

WINTER ON BERNAL

by Barbara M. Pitschel

What I refer to as winter on our hilltop is that time of year that follows the dry dormant season of September and October. It is a season of burgeoning, of genesis, of preparation for the spring bloom that will burst forth in February. It is not a season of rest; it is a season of subtle but beautiful beginnings, if you know where to look and what to look for.

Most people who walk regularly on the hill have met our winter population of meadowlarks, which arrives every year right after the first real rain. In winter these birds abandon their solitary territoriality and their showy songs of courtship, traveling in flocks of up to 40 birds, hungrily close to the ground in search of the insects and seeds that will keep up their strength for next spring's mating demands. As you crest a rise and flush them, you will recognize the yellow breasts, black necklaces, and white outer tail feathers as unfailing diagnostic traits.

In the grasslands and growing out of the rocks along the northern road cut, you can see our three ferns. As you walk the closed section of road, you can't miss the rounded leaflets of California polypody (*Polypodium californicum*), which nearly covers the moist rocks in winter. If you look very closely, particularly in the more westerly populations, you might see a few goldback ferns (*Pentagramma triangularis*), even smaller, with pointier, more dissected leaves, and with the unmistakable gold dust on the leaves' undersides (the spore side). A couple of individuals of the larger, more robust sword fern (*Polystichum munitum*) are established in cuts, farther northwest but still visible from the road. These are less fresh-looking than the other ferns because last year's foliage stays on the plant.

If you start looking carefully and early enough along the western trails through the grassland, you will see big and little brown mushrooms and our native wood rush, *Luzula comosa*, which has grasslike foliage and little brown sedge-like flower heads.

Mid-November marked another milestone on the hilltop. For years, we have only known of a single native aster plant on the hill: It grows by the southwestern road cut. Believing this daisy (a member of the sunflower/Compositae/Asteraceae family) to be a strong restoration candidate, we have tried without success to



Aster chilensis

propagate plants from its seed. One Sunday, while removing weedy brambles from a burn area near the eastern end of the crest, we suddenly came upon a healthy population of aster, with some plants in bloom in November. (One of the aster's many endearing qualities is its penchant for flowering nearly year-round.) We cleared weeds away from this aster community and collected a few seeds in hopes of increasing the species' range on the hill. The plant's scientific name is *Aster chilensis* because its discoverer, Christian Gottfried Daniel Nees von Esenbeck, 1776-1858, mistakenly believed it to be of Chilean origin. Look for the lavender ray flowers and yellow center disk flowers as you walk along the hillcrest.

Close observation already shows promise of a great year for the California poppy (*Eschscholzia californica*). Clumps of finely-dissected bluish foliage are appearing everywhere. Every time we remove a clump of dead thatch, we unearth another poppy waiting for room to grow.

By this time, you will be looking at the hill with an eye to winter's subtle displays and you will be seeing these and many other little wonders that nature has to offer. If you would like to share a few hours of unearthing asters and poppies and doing other work to improve the health of our native ecosystem, call me at 282-5066 for details about work parties.

absence from her volunteer work but both fellow volunteers, neighbors and BHNC staff hope to see her return soon.

"Emma was not only talented but gave hours and hours of her time," said Victoria. "She refurbished and hand-painted furniture, and sewed hand-made quilts, stuffed animals and dolls."

Gifts on the Hill has always been staffed by volunteers. In the beginning the store sold primarily hand-made crafts, since back then there were relatively few donations.

For the seniors involved it wasn't the financial aspect that was the most memorable of those first days; it was the spirit of community building. "The most special thing about the store," said Martinez, "was that the people in the community would see us in there working and come in."

The community is invited to drop in and visit Gifts on the Hill. If you are interested in volunteering for the store, please contact Lisa Lopez Coffey, Volunteer Coordinator at 206-2140, ext. 132.

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do night watch with the other crews. We had to watch for any other boats that were coming."

Nina Johnson writes, "It was boring when I was standing in 'All Hands.' Every time we did 'All Hands' we reported in to the Captain or to Mr. Ramos. The snack was good. We had Scottish Shortbread cookies and brownies."

Ashley Bonrostro explains, "I was in the Galley Crew. For our dinner, we prepared vegetable stew. The ingredients were: onions, carrots, celery, potatoes, red bell peppers and tomato sauce. I liked the way it was cooked. I was able to eat a lot! I was glad that Peanut was there to help us. She was the ship's doctor. I was so thankful that I did not get sea sick. At night, we had night watch. This is important because there might be a surprise attack by sea pirates or bad weather."

Kevin San Juan writes, "When we were at 'All Hands' the Galley Mate Danny had to give coffee to the Captain and the Captain said, 'Do you believe in almonds?'" [Omens] The Captain didn't believe in the omens of a red sky, he only believed in a good cup of coffee!"

Earl Thompson explains: "I was part of the Longboat crew. I learned how to haul up the dory. A dory is a little boat that hangs off the big ship. The best part of the trip was when we hauled up the dory. We hauled it up straight not crooked and we got an 8 for our score by the Captain. I learned teamwork. Teamwork is when you help another person. Our crew worked well together because Mr. Wright helped us learn to work together by hauling and heaving lines to bring up the dory. I would recommend this trip to other students because you get to stay on a real ship overnight and you get only 1 hour of sleep. You also would get to eat good food that your friends made for you."

Arthur Clark says, "My crew and I worked together on the capstan to haul up the gear. It was hard work but we had fun. Justin's candy fell out of his backpack into the water when we were hauling up the gear!"

Sylvia Gutierrez writes, "Every time I worked on the Balclutha, I helped my crew and I tried my best at all times. Sometimes I couldn't tie the lines but my whole group helped me and I felt good. Another time I was having trouble lining up but then my whole group helped me again and I didn't get into trouble."

Darlana Colvin explains: "I was part of the Rigger Crew. I was the 'Mate.' I had to give orders to my crew. My crew made a Bosun's Chair and I was the first one to get in it."

Camille Walsh writes: "I was part of the Galley Crew. We made oatmeal, coffee cake and Hot Chocolate for breakfast. The Galley Teacher's name was Peanut. Peanut didn't know how to do math nor did she know how to cook so she put Daniel in charge! When we were getting ready to go to sleep, the other crews had to sleep in the foc'sle or the bunks and we had to sleep in the hatch."

Marcos Negron says, "In the Maritime Museum we saw things that we never saw before."

Deleasa Jones, our Student Teacher writes, "The best part of the Balclutha ship field trip was watching the students work together to achieve a common goal. The students learned a lot about that ship, and it showed as they did their tasks."

Anthony Ramsey, our Student Advisor who was a "Tall Sailor" says, "It was important for me because everybody worked together. It was hard for me to stay quiet, but on the ship they couldn't rely on me or ask me any questions about their problems. The kids had to carry their own

NEW BUSINESSES continued from page 2

cial feature of the new Mission Shell is the fully computerized gas pumps with cash receptors. And the ETD Food Mart sells hot dogs, nachos, fountain drinks, groceries, automotive products and the most impressive array of beef jerky this writer has ever seen. (They've got a very respectable selection of energy bars and trail mixes, too.)

Poulos and the Hudsons are continuing to add features and products and improve the floor plan of the store. Says Poulos, "We're going to be experimenting with a lot of ideas." Richard Hudson adds, "We appreciate the community and look forward to providing quality service."

Roccapulco

There's a new nightclub right around the corner. On October 14, after a year of extensive remodeling and upgrading, the former Cesar's Latin Palace was reopened as Roccapulco.

Owner Leticia Luna states, "Ten years ago we (Leticia and her brother and co-owner Raymundo Luna) wanted to have a nightclub." Instead, she went into the restaurant business, opening Leticia's, La Posada and The Line Up. Now, they finally have their club.

Roccapulco offers live salsa music every Friday and Saturday, live mariachi music on Sundays, Latin female impersonators on Tuesdays, and DJs on Mondays, Wednesdays and Thursdays. Appetizers plus two dinner specials are served daily. The club is also available for private parties (it was the site of the recent Bernal Heights Neighborhood Center's 20th anniversary celebration).

In addition to salsa and merengue, Roccapulco will be presenting cumbia music, Latin rock music that, according to Leticia, is not offered in San Francisco. There will also be non-Latin music and a major band coming in once a month.

Coming soon are a dinner menu, a parking lot, salsa lessons, and a once-a-month amateur singing competition with live mariachi. As Leticia says, "We're trying to offer something that everybody will like."

New Businesses**The Cutting Edge**

1000 Cortland Ave.
974-EDGE

Grace and Elegance

451 Cortland Ave.

970-0781

hours: by appointment

Ujima

3486B Mission St. (near Cortland)

647-1471

hours: Tues.-Thurs. 12-7 p.m.

Fri., Sat. 12-8 p.m. Sun. 12-6 p.m.

Closed Monday

Mission Shell

3550 Mission St. (near Cortland)

648-3551

Open 24 hours

Roccapulco

3140 Mission St. (near Cesar Chavez)

648-6611

hours: Mon.-Sat. 8 p.m.-2 a.m.

Sun. 4 p.m.-2 a.m.

GIFTS ON THE HILL continued from page 5

at times have assisted in the store.

Mendieta adds, "Gifts on the Hill is a real non-threatening way to start getting acquainted with the center."

Rose McDevitt, a volunteer who has been working in the store since February, enjoys the afternoon shift she works Monday through Friday with her regular coworker James Williams. She said, "I like meeting people in the community and getting to know them."

The original idea for Gifts on the Hill, former Senior Services director Vicki Victoria remembers, was received with much enthusiasm from participating seniors. "A lot of seniors have natural talent and do crafts as hobbies," said Victoria. "Every year we had a Christmas boutique and I thought, we should do this year round to display their articles and raise money."

One of the most enthusiastic and dedicated seniors was Emma Martinez, who according to Victoria and Mendieta was the real reason for the initial success of the store. Currently Martinez is on a leave of

gear and be responsible for their own mistakes throughout the trip. I noticed that they all came together and worked out their problems without the adults getting involved. To see them work together, that made me think that all students could work together and solve any problems that they would have in the future."

Please join us in our Cafeteria for a delicious ice cream social and movie night on Friday December 11 6:30-8:30 p.m. We will show "Bernaltown" and clips from our trip!

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WesternFamily Spaghetti Regular/Thin 22 oz. 99¢	Fiesta Pinto Beans 4 lbs. \$1.99	Western Family Cranberry Sauce 16 oz. 69¢	Western Family Peanut Butter 18 oz. \$1.49
Delmonte Tomato Sauce reg. 8 oz. 4 for \$1.00	Western Family Quick or Old- fashioned Oats 42 oz. each \$1.99	Sparkle Paper Towels 2 ply each 99¢	Jubilee Bathroom Tissue 4 pack 99¢

• Fruits and Vegetables •

Potatoes 10 lbs. bag \$1.19 each	Dry Yellow Onions 3 lbs. for \$1.00	Bell Peppers 99¢ lb.
Lemons 7 for \$1.00	Jumbo Yams 5 lbs. for \$1.00	Cello Carrots 1 lb. pkg 39¢ each

LIQUOR/Beer/ Wine		
GlenEllen Wines--		
Chardonnay, Cabernet, Merlot, Zinfandel	750ml	4.99
	1.5 liter	9.99
Red, White , White Zinfandel	750m	3.99
	1.5 liter	7.99
Sebastiani Wines--		
Sav. Blanc, White Zinf., Zinfandel	1.5 liter	9.89
Pinot Noir, Chardonnay, Merlot, Cabernet	1.5 liter	10.98
B.V. – Chardonnay, Gamay, Zinfandel, Cabernet	750 ml	9.98
Korbel Champagne	750ml	9.98
Raynal Napoleon French Brandy	liter	12.98
Cuervo Jose Tequila GOLD	750ml	13.99
Royal Gate Vodka	Liter	6.99
Kahlua Liquer	750ml	13.99
Beefeater Gin	750ml	15.99
Canadian Club	750ml	10.98
Budweiser 12pk 12oz cans		6.99
Shaffers Beer 12pk 12oz cans		4.99
Seagrams Coolers	4 pk	3.99

• • MEATS • • MEATS • •

Bar's Ham Virginia Style, Honey Cured, Black Forest, Glazed Hams \$1.89 lb.	Pork Butts boneless \$1.29 lb. bone-in \$1.09 lb.	Pork Steak boneless \$1.99 lb. bone-in \$1.79 lb.
Beef Liver Sliced 99¢ lb.	Pork Neck Bones 59¢ lb.	Pig Feet 69¢ lb.